

Muesli Cereal

This cereal, which can be mixed together in five minutes the night before, is high in fiber, thiamine and iron and much lower in fat and sugar than many store-bought cereals.

Ingredients:

- 1 cup granola cereal
- 3 cups rolled oats
- 1 cup raisins or chopped dried fruit
(such as apricots, cherries, cranberries, dates)
- 1/2 cup oat bran
- 1/2 cup wheat bran



Directions: In an airtight container, combine all the ingredients. The mixture will stay fresh for a month. Serve this cereal with yogurt, soy or lower fat milk and top with your choice of fresh fruit. Note: For younger children, let the milk soak the cereal for a few minutes.

Makes 12 servings

Nutritional information per serving with ½ cup of 1% milk:

Calories: 236

Protein: 10 g

Fat: 4 g

Saturated fat: 1 g

Carbohydrate: 43 g

Dietary fiber: 5 g

Dietary Cholesterol: 5 mg

Sodium: 73 mg

Potassium: 463 mg

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